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## ABSTRACT

This guide, part of the Drug-Free Communities Series, is a comprehensive overview of drug use and what can be done about it. It is directed toward individuals, specifically toward parents, asserting that change in the community needs to be reinforced by change at home. Information about alcohol and other drugs, their physiological effects, and how individuals can help one another overcome the problems caused by alcohol and other drugs is included. The first section explains what drugs are, why use starts, and the physical and psychological toll alcohol and other drugs take. Marijuana, cocaine, phencyclidine (PCP), heroin, analogs, and methamphetamines are discussed. The second section explains how to tell if someone is having problems with alcohol and other drugs. Included are a description of four basic stages of alcohol and other drug use, examples of steps to take, and examples of actions to avoid. The third section discusses how to prevent alcohol and other drug problems among family and friends. Included in this section is information on early education and how to prevent problems before they start. Readers are instructed in how to set an example for those close to them and how to teach children to resist pressure to use alcohol and other drugs. The final section provides a list of federal, state, and private organizations that offer help. (NB)

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Office for Substance Abuse Prevention

# WHAT YOU CAN DO ABOUT

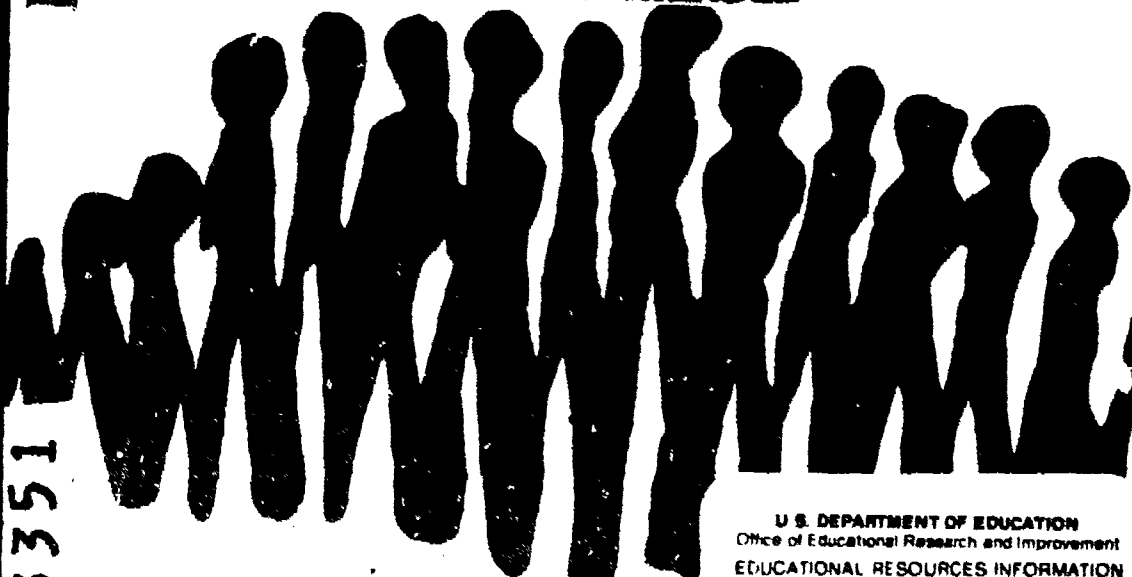
# DRUG USE

# IN AMERICA

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U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Public Health Service

Alcohol, Drug Abuse, and Mental Health Administration

**As part of the Drug-Free Communities Series, *What You Can Do About Drug Use in America* is a comprehensive overview of drug use and what we can do about it. This pamphlet is directed toward the individual, specifically toward parents, since change in the community needs to be reinforced by change at home.**

**For additional information, write to:  
National Clearinghouse for  
Alcohol and Drug Information  
P.O. Box 2345  
Rockville, MD 20852**

**or call 1- 800-SAY-NO-TO (DRUGS)**

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What You Can Do About

# Drug Use in America

**A**mericans have become concerned as never before about the dangers of alcohol and other drug use. Public opinion polls have repeatedly indicated a general intolerance for the use of alcohol by minors and the use of illegal drugs by anyone. Indicators show that most Americans are prepared to take a stand against such illegal alcohol and other drug use.

The abuse of alcohol and the use of illegal drugs have ravaged families, and have infiltrated our streets, neighborhoods, and schoolyards. These problems have also invaded the workplace and the highway. The American public has finally said, "We've had enough," and is joining forces against drug use.

This pamphlet is designed to help all Americans meet that challenge. It provides vital information about alcohol and other drugs, their physiological effects, and how we can help each other overcome the problems alcohol and other drugs can cause.

The first section explains what drugs are, how and why use starts, and the physical and psychological toll alcohol and

other drugs take. After reading that material, you may want to know how to prevent alcohol and other drug problems among your family and friends, the topic of the next section. There you will find information on early education and how to prevent problems before they start. You will also learn about how you can set an example for those close to you and how you can teach children to resist pressure to use alcohol and other drugs. The section that follows explains how you can tell if someone you care about is having problems with alcohol and/or other drugs. This section not only explains the best steps to take to help but also gives you pointers on what you should not do. The last section provides a list of Federal, State, and private organizations you can turn to for help.

# WHAT ARE DRUGS?

## What Kinds of Drugs are There?

**T**here are many drugs that affect the mind or behavior, and they are either legal or illegal. Legal drugs are those that have been approved for sale either by prescription or over the counter. Alcohol, which is legally available in beverages except to those under legal drinking age, is a drug. Illegal drugs are those whose manufacture, sale, purchase for sale, or possession is prohibited by law. These include such drugs as marijuana, cocaine, PCP, and heroin—or those drugs approved but obtained by illegal means or used for illicit purposes.

Prescription drugs are drugs that have been determined to be safe, effective, and legal only when given under the direction of a licensed physician. Both the manufacture and dispensing of prescription drugs are regulated by laws enforced by the Food and Drug Administration, the Drug Enforcement Administration, and the individual States. If used improperly, people can become physically dependent upon some prescription drugs (for example, morphine and Valium).

Illegal drugs are sold and used against the law. They may harm those who use them — not only in terms of the direct physical and emotional damage they cause, but also in terms of the criminal and financial consequences they bring. Many

**illegal drugs are manufactured in illegal underground laboratories in the United States.**

## **How and Why Does Drug Use Start?**

**H**ow and why do people start using alcohol and other drugs? There is no single answer to that question. Surely in the case of many youths, alcohol and other drug use starts in response to peer pressure. Young people naturally want to “fit in” — to be accepted by their classmates or friends. Whatever the reasons, first use can be dangerous. Research studies show that once involvement with alcohol and other drugs begins, such involvement all too often follows a predictable sequence leading to problems due to the use of alcohol and other drugs.

Drug abuse often starts with the illicit use of legal drugs and with the use of alcohol (illegal for youth) and tobacco; users often progress from these substances to marijuana. Some users, including over half of the teenagers who use these substances, may eventually turn to other illegal drugs or combinations of drugs. For this reason, alcohol, tobacco, and marijuana are frequently called “gateway” drugs. Use of drugs such as cocaine and heroin is unusual in those who have not previously used alcohol, tobacco, and/or marijuana.

## **What Are the Physical and Psychological Effects of Alcohol and Other Drugs?**

**A**lcohol, a natural substance formed by the fermentation that occurs when sugar reacts with yeast, is the major active ingredient in wine, beer, and distilled spirits. Although there are many kinds of alcohol, the kind found in alcoholic beverages is ethyl alcohol. Whether one drinks a 12-ounce can of beer, a shot (1.5 ounces) of distilled spirits, or a 5-ounce glass of wine, the amount of pure alcohol

per drink is about the same — one-half ounce. Ethyl alcohol can produce feelings of well-being, sedation, intoxication, or unconsciousness, depending on the amount and the manner in which it is consumed.

Alcohol is a “psychoactive” or mind-altering drug, as are heroin and tranquilizers. It can alter moods, cause changes in the body, and become habit-forming. Alcohol is called a “downer” because it depresses the central nervous system. That’s why drinking too much causes slowed reactions, slurred speech, and sometimes even unconsciousness (passing out). Alcohol works first on the part of the brain that controls inhibitions.

A person does not have to be an alcoholic to have problems with alcohol. Every year, for example, many young people lose their lives in alcohol-related automobile crashes, drownings, and suicides. Serious health problems can and do occur before drinkers reach the stage of addiction or chronic use.

In some studies more than 25 percent of hospital admissions were alcohol-related. Some of the serious diseases associated with chronic alcohol use include alcoholism and cancers of the liver, stomach, colon, larynx, esophagus, and breast. Alcohol abuse also can lead to such serious physical problems as:

- *Damage to the brain, pancreas, and kidneys.*
- *High blood pressure, heart attacks, and strokes.*
- *Alcoholic hepatitis and cirrhosis of the liver.*
- *Stomach and duodenal ulcers, colitis, and irritable colon.*
- *Impotence and infertility.*
- *Birth defects and Fetal Alcohol Syndrome, whose effects include retardation, low birth weight, small head size, and limb abnormalities.*
- *Premature aging.*
- *A host of other disorders, such as diminished immunity to disease, sleep disturbances, muscle cramps, and edema.*



## ***Marijuana***

Contrary to many young people's beliefs, marijuana is a harmful drug, especially since the potency of the marijuana now available has increased more than 275 percent over the last decade. For those who smoke marijuana now, the dangers are much more serious than they were in the 1960s.

Preliminary studies have shown chronic lung disease in some marijuana users. There are more known cancer-causing agents in marijuana smoke than in cigarette smoke. In fact, because marijuana smokers try to hold the smoke in their lungs as long as possible, one marijuana cigarette can be as damaging to the lungs as four tobacco cigarettes.

Even small doses of marijuana can impair memory function, distort perception, hamper judgment, and diminish motor skills. Chronic marijuana use can cause brain damage and changes in the brain similar to those that occur during aging. Health effects also include accelerated heartbeat and, in some persons, increased blood pressure. These changes pose health risks for anyone, but particularly for people with abnormal heart and circulatory conditions, such as high blood pressure and hardening of the arteries.

Marijuana can also have a serious effect on reproduction. Some studies have shown that women who smoke marijuana during pregnancy may give birth to babies with defects similar to those seen in infants born with Fetal Alcohol Syndrome — for example, low body weight and small heads.

More importantly, there is increasing concern about how marijuana use by children and adolescents affects both their short- and long-term development. Mood changes occur with the first use. Observers in clinical settings have noted increased apathy, loss of ambition, loss of effectiveness, diminished ability to carry out long-term plans, difficulty in concentrating, and a decline in school or work performance. Many teenagers who end up in drug treatment programs started using marijuana at an early age.

Driving under the influence of marijuana is especially dangerous. Marijuana impairs driving skills for at least 4 to 6 hours after smoking a single cigarette. When marijuana is used in combination with alcohol, driving skills become even more impaired.

## ***Cocaine***

Cocaine is one of the most powerfully addictive of the drugs of abuse — and it is a drug that can kill. No individual can predict whether he or she will become addicted or whether the next dose of cocaine will prove fatal. Cocaine can be snorted through the nose, smoked, or injected. Injecting cocaine — or injecting any drug — carries the added risk of infection with the Human Immunodeficiency Virus (HIV), the virus that causes Acquired Immunodeficiency Syndrome (AIDS), if the user shares a needle with a person already infected with the virus.

Cocaine is a very strong stimulant to the central nervous system, including the brain. This drug produces an accelerated heart rate while at the same time constricting the blood vessels, which are trying to handle the additional flow of blood. Pupils dilate and temperature and blood pressure rise. These physical changes may be accompanied by seizures, cardiac arrest, respiratory arrest, or stroke.

Nasal problems, including congestion and a runny nose, occur with the use of cocaine, and with prolonged use the mucous membrane of the nose may disintegrate. Heavy cocaine use can sufficiently damage the nasal septum to cause it to collapse.

Research has shown that cocaine acts directly on what have been called the “pleasure centers” in the brain. These “pleasure centers” are brain structures that, when stimulated, produce an intense desire to experience the pleasure effects again and again. This causes changes in brain activity and, by allowing a brain chemical called dopamine to remain active longer than normal, triggers an intense craving for more of the drug.

Users often report feelings of restlessness, irritability, and anxiety, and cocaine can trigger paranoia. Users also report being depressed when they are not using the drug and often resume use to alleviate further depression. In addition, cocaine users frequently find that they need more and more cocaine more often to generate the same level of stimulation. Therefore, any use can lead to addiction.

"Freebase" is a form of cocaine that is smoked. "Freebase" is produced by a chemical process whereby "street cocaine" (cocaine hydrochloride) is converted to a pure base by removing the hydrochloride salt and some of the "cutting" agents. The end product is not water soluble, and so the only way to get it into the system is to smoke it.

"Freebasing" is extremely dangerous. The cocaine reaches the brain within seconds, resulting in a sudden and intense high. However, the euphoria quickly disappears, leaving the user with an enormous craving to freebase again and again. The user usually increases the dose and the frequency to satisfy this craving, resulting in addiction and physical debilitation.

"Crack" is the street name given to one form of freebase cocaine that comes in the form of small lumps or shavings. The term "crack" refers to the crackling sound made when the mixture is smoked (heated). Crack has become a major problem in many American cities because it is inexpensive — selling for between \$5 and \$10 for one or two doses — and easily transportable — sold in small vials, folding paper, or tinfoil.

## **PCP**

PCP is a hallucinogenic drug; that is, a drug that alters sensation, mood, and consciousness and that distorts hearing, touch, smell, or taste as well as visual sensation. It is legitimately used as an anaesthetic for animals. When used by humans, PCP induces a profound departure from reality, which leaves the user capable of bizarre behavior and severe disorientation. These PCP-induced effects may lead to serious

injuries or death to the user while under the influence of the drug.

PCP produces feelings of mental depression in some individuals. When PCP is used regularly, memory, perception functions, concentration, and judgment are often disturbed. Used chronically, PCP may lead to permanent changes in cognitive ability (thinking), memory, and fine motor function.

Mothers using PCP during pregnancy often deliver babies who have visual, auditory, and motor disturbances. These babies may also have sudden outbursts of agitation and other rapid changes in awareness similar to the responses in adults intoxicated with PCP.

## ***Heroin***

Heroin is an illegal opiate drug. Its addictive properties are manifested by the need for persistent, repeated use of the drug (craving) and by the fact that attempts to stop using the drug lead to significant and painful physical withdrawal symptoms. Use of heroin causes physical and psychological problems such as shallow breathing, nausea, panic, insomnia, and a need for increasingly higher doses of the drug to get the same effect.

Heroin exerts its primary addictive effect by activating many regions of the brain; the brain regions affected are responsible for producing both the pleasurable sensation of "reward" and physical dependence. Together, these actions account for the user's loss of control and the drug's habit-forming action.

Heroin is a drug that is primarily taken by injection (a shot) with a needle in the vein. This form of use is called intravenous injection (commonly known as IV injection). This means of drug entry can have grave consequences. Uncertain dosage levels (due to differences in purity), the use of unsterile equipment, contamination of heroin with cutting agents, or the use of heroin in combination with such other drugs as alcohol or cocaine can cause serious health problems

such as serum hepatitis, skin abscesses, inflammation of the veins, and cardiac disease (subacute bacterial endocarditis). Of great importance, however, is that the user never knows whether the next dose will be unusually potent, leading to overdose, coma, and possible death.

Needle sharing by IV drug users is fast becoming the leading cause of new AIDS cases. It is estimated that one in three persons with AIDS acquired the virus through needle sharing. The AIDS virus is carried in contaminated blood left in the needle, syringe, or other drug-related implements and is injected into the new user when he or she uses this equipment to inject heroin or other drugs. There is no cure for AIDS and no proven vaccine to prevent it.

Heroin use during pregnancy is associated with stillbirths and miscarriages. Babies born addicted to heroin must undergo withdrawal after birth and these babies show a number of developmental problems.

The signs and symptoms of heroin use include euphoria, drowsiness, respiratory depression (which can progress until breathing stops), constricted pupils, and nausea. Withdrawal symptoms include watery eyes, runny nose, yawning, loss of appetite, tremors, panic, chills, sweating, nausea, muscle cramps, and insomnia. Elevations in blood pressure, pulse, respiratory rate, and temperature occur as withdrawal progresses.

Symptoms of a heroin overdose include shallow breathing, pinpoint pupils, clammy skin, convulsions, and coma.

## ***Analogs***

By modifying the chemical structure of certain drugs to create analogs, underground chemists have been able to create what are sometimes called "designer drugs" — a common label that incorrectly glamorizes them. These analogs are chemicals structurally similar to medical drugs but which are altered enough to make them different compounds and which are on the Drug Enforcement Administration's (DEA) list of controlled substances.

Originally, analogs were made to bypass the Controlled Substances Act, but in 1984 and 1986, "designer drugs" were added to the list of controlled substances.

Examples of designer drugs are an analog of methamphetamine (commonly called "ecstasy") and an analog of fentanyl (a narcotic). These drugs are made in underground laboratories with no regard for cleanliness or quality. Thus, these drugs can be much more potent than the original substances, and they can therefore produce much more toxic effects.

### ***Methamphetamine***

Methamphetamine is a powerful stimulant. The street version of the drug is most often manufactured illegally in underground labs. It is also known as "speed" or "crystal" when it is swallowed or sniffed; as "crank" when it is injected; and as "ice" when it is smoked. All forms are extremely dangerous.

Side effects of methamphetamine use include irritability, nervousness, insomnia, nausea, hot flashes, dryness of the mouth, sweating, palpitations, and hypertension. Excessive doses can produce mental confusion, severe anxiety, and aggressiveness. Continued moderate to chronic use may lead to physical dependence and even death.

# THE EFFECTS OF ALCOHOL

## THE BRAIN

Brain cells are altered, and may die. Memory formation is blocked, and the senses are dulled. In the long term, irreversible damage occurs.



## CEREBELLUM

Physical coordination is impaired

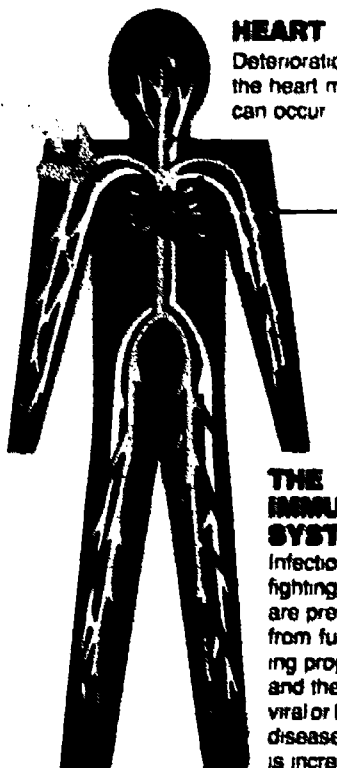
## STOMACH & INTESTINES

Alcohol can trigger bleeding, and has been linked to cancer



## HEART

Deterioration of the heart muscle can occur



## THE IMMUNE SYSTEM

Infection-fighting cells are prevented from functioning properly, and the risk of viral or bacterial diseases is increased



## REPRODUCTION

In men hormone levels change, causing lower sex drive and enlarged breasts. Women's menstrual cycles become irregular, and their ovaries malfunction. Pregnant women face the risk of bearing children with birth defects

# How Can We Begin to Deal With THE PROBLEM OF DRUG ABUSE?

## How Can I Tell If Someone I Know Is Using Drugs?

**A**side from the physical effects of drugs discussed in the preceding section, certain warning signs may indicate that a family member or friend is drinking too much alcohol or using other drugs. Although these warning signs are not foolproof, each by itself or many signs combined over time should be cause for concern.

These are some of the signs to look for which involve drinking:

- *Does the person pour a drink as an immediate reaction when faced with any problem?*
- *Does the person drink until intoxicated?*
- *Is there a record of missed work because of drinking or an ill-disguised odor of alcohol on the breath during work hours even though attendance may be regular?*
- *Does the person drive a car while intoxicated?*
- *Has his or her home life become intolerable because of drinking or arguments resulting from drinking?*
- *Does he or she handle all social celebrations and stress with alcohol?*



**These are the signs of an adult problem drinker. It is important to note, however, that any use of alcohol by youth is abuse and cause for concern.**

**When these signs are present, it means that a person's drinking pattern, if not already out of control, is heading that way. A person does not have to be an alcoholic to have problems with alcohol.**

**There are numerous signs of illegal drug use. For example, when a person is carrying drugs or has them hidden around the house, there is a strong possibility of use. Obviously, possession of drug paraphernalia also is a likely sign of use.**

**Indications of prescription drug misuse vary according to the type of drug in question. Drug misuse may lead to dependence and withdrawal symptoms can be severe if drug use is stopped suddenly.**

**Certain additional behavioral characteristics also seem to accompany the use of alcohol and other drugs. The clues can be found in all people who abuse alcohol or use other drugs, regardless of age. Examples of these clues include:**

- *An abrupt change in mood or attitudes.***
- *Sudden and continuing decline in attendance or performance at work or in school.***
- *Sudden and continuing resistance to discipline at home or in school.***
- *Impaired relationships with family members or friends.***
- *Unusual flares of temper.***
- *Increased amount and frequency of borrowing money from family and friends.***
- *Stealing from the home, at school, or in the workplace.***
- *Heightened secrecy about actions and possessions.***
- *Associating with a new group of friends, especially with those who use drugs.***

## How Can I Come to Grips With My Problem?

**I**f you have an alcohol or other drug problem, you should do three things immediately. First, admit it to yourself. Acknowledge that you do have a problem and that something must be done.

Second, contact a group that can recommend or provide treatment and moral support. (See the back of this pamphlet for a list of such organizations.)

Third, admit your problem to the members of your immediate family and/or closest friends. Mobilize the family unit and others who act as support for you to help provide the strength you will need to address your reasons for use and the difficulties of freeing yourself of addiction to alcohol and other drugs.

## How Can I Help A Family Member Or A Friend?

**I**f someone confides in you that he or she has a problem with alcohol or other drugs, some ways of dealing with this situation clearly work better than others. You should try to be —

- *Understanding — listen to reasons why he or she uses/abuses alcohol or other drugs;*
- *Firm — explain why you feel that use of alcohol or other drugs can be harmful, causing problems which require counseling and treatment;*
- *Supportive — assist the user in finding help and provide moral support through the tough times ahead;*
- *Self-examining — ask yourself whether you have provided a good role model.*

Actions that you should avoid include being:

- *Sarcastic,*
- *Accusatory,*
- *Stigmatizing,*
- *Sympathy seeking for yourself, or*
- *Self-blaming.*

Intervening in the case of a family member or friend who has a problem can be very difficult and hurtful. The person with the problem will most likely deny the problem and try to put you on the defensive — "I thought you were my friend; are you calling me a drunk?" Or "You've used drugs; where do you get off calling me an addict?" In a case such as this, what you don't do is as important as what you should do:

- *Avoid emotional appeals, which may only increase feelings of guilt and the compulsion to drink or use drugs.*
- *Don't cover up or make excuses for the person.*
- *Don't take over his or her responsibilities, which will leave the person with no sense of importance or dignity.*
- *Don't argue with the person when he or she is under the influence of alcohol or other drugs.*
- *Don't hide or dump bottles nor shelter your loved one from situations where alcohol is present.*
- *Above all, don't accept responsibility for the person's actions nor guilt for his or her drinking*

## **Four Basic Stages of Alcohol and Other Drug Use**

### ***Stage 1***

Too many youngsters and adults believe that the first use of alcohol and other drugs is safe. For youths, using drugs such as tobacco and alcohol is often, unfortunately, viewed as normal. However, because young bodies are particularly susceptible to alcohol and other drugs and their effects, there is no such thing as totally "safe" use of any mind-altering drug by a youngster. In stage one, however, there may be no outward behavioral changes caused by the use of drugs.

### ***Stage 2***

The second stage involves more frequent use of alcohol or other drugs as the person actively seeks the euphoric effects of a mind-altering drug. At this point, the user usually establishes a reliable source, and may add mid-week use of alcohol or other drugs to previous habits of weekend use at parties. Among adolescents, significant clues now include

changes in friends, deterioration of school performance, and possibly a general lack of motivation.

### ***Stage 3***

In stage three, there is intense preoccupation with the desire to experience euphoric effects. Daily use of mind-altering drugs, depression, and thoughts of suicide are common. Family troubles increase and the adolescent may be having problems with the law.

### ***Stage 4***

In the fourth stage, increasing levels are needed just to feel OK. Physical signs such as coughing, frequent sore throats, weight loss, and fatigue — which may have begun to appear earlier — are now common. Blackouts and overdosing also are more common, family life is a disaster, and crime may be becoming a way of life to obtain money to buy drugs.

# **How Can I Keep My Family Free From Problems Caused By ALCOHOL AND OTHER DRUGS?**

## **What Early Education Information Do I Need?**

**K**nowledge is a powerful weapon against drugs. The information contained in this pamphlet represents a good start in your educational efforts. However, to increase your understanding of drugs and their effects, you should also read some additional material.

In addition to some excellent information available from private sources, the Federal Government has compiled a great deal of information about the effects of alcohol abuse and other drug use and the successful strategies that can be used to combat these problems. Free materials may be obtained by writing to the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, Maryland 20852 or you may want to call the Clearinghouse's toll-free number:  
1 (800) SAY-NO-TO(DRUGS).

## **How Can I Set an Example?**

**F**irst and foremost, set an example by not using illegal drugs or misusing alcohol or prescription drugs. Period. No excuses or self-exceptions should be offered to yourself or to others. If alcohol is used it should be used only by persons of legal age and only in moderation. Prescription drugs should only be used when prescribed and closely monitored by a physician. And you should abstain from the use of any illegal drugs.

**Don't keep illegal drugs in the house and don't allow their use in your home by others. Let your family and friends know that drugs are not acceptable in your home. And let others know that you do not tolerate illegal drugs at parties that you or your family attend. Talk to your neighbors about the fact that drug use should not be tolerated on your streets or anywhere else near you.**

**The best way to keep your family from abusing alcohol (any use of alcohol by youth is abuse) is by carefully looking at the example set in your home. Are your parties, entertainment, and celebrations centered around alcohol? Do you reach for a drink or another drug whenever you want to relax or to deal with any problem that comes up? Such behavior sends the wrong signal — that alcohol and other drugs are needed to have a good time or to cope with daily living.**

## **How Can I Help My Younger Children To Say "No"?**

**F**irst, talk to your child about alcohol and other drugs. Carefully explain the health consequences of alcohol and other drug use, and the dramatic effect they can have on a child's life and preparation for the future. Correct mistaken ideas perpetuated by peers and the media. And really listen carefully to your child talk about alcohol and other drugs. Children are more likely to communicate when they receive positive verbal and nonverbal cues that show parents are listening.

**Second, help your child to develop a healthy self-image. Self-regard is enhanced when parents praise effort as well as accomplishments. In turn, when being critical, criticize the actions and not the person.**

**Third, help your child develop a strong system of values. A strong value system can give children the criteria and courage to make decisions based on facts rather than pressure from friends.**

**Fourth, help your child deal with peer pressure. Explain that saying "No" can be an important statement about self worth. Help your child practice saying "No." Together, set out the**

reasons for saying "No" and discuss why it is beneficial to avoid alcohol and other drugs.

Fifth, make family policies that help your child to say "No." The strongest support your child can have in refusing to use alcohol and other drugs is to be found in the solid bonds created within the family unit. Always chaperone your children's parties. It is helpful when parents let other family members — and friends — know that drug use, and use of alcohol by minors, is a violation of the rules by which the family will operate, and that their use of alcohol and other drugs is simply unacceptable within the family. The consequences and punishment for such a violation must be clearly spelled out.

Sixth, encourage your child to join an anti-drug club. With over 10,000 clubs nationwide, chances are that your child's school has such a club. If not, it might be a good idea to contact the local principal about starting a club. These clubs help develop positive peer pressure, strengthening children's ability to say "No," and the clubs teach the harmful effects of alcohol and other drugs on children's bodies.

Finally, encourage healthy, creative activities that may help to prevent children from using alcohol and other drugs. Help your child live such a full life that there is no time nor place for alcohol and other drugs. Meet the parents of your child's friends and classmates and encourage alcohol and other drug-free alternative activities. Learn about drugs and share a "no use" message of alcohol or other drugs for youth. Discuss guidelines and problem areas and agree to keep in touch. Consider forming parent-peer groups. There is strength in numbers. Making these contacts before there is a problem often prevents the problem from ever developing. When the entire peer group is on the right track, you stand a better chance of keeping your child drug free.

# Where Can I Go For Help?

**S**ometime the quickest way to find out what help is available in your local area is to join a group such as Al-Anon. Al-Anon is a group of family members and friends of problem drinkers who meet to share practical suggestions on day-to-day living with someone who has a drinking problem. These family members and friends of problem drinkers usually know where help is available in your community.

**Listed below are some other sources of help and information:**

## **1-800-SAY-NO-TO(DRUGS)**

National Clearinghouse for Alcohol and Drug Information  
Monday through Friday,  
8:30 a.m. - 5:00 p.m.

## **1-800-622-HELP**

National Institute on Drug Abuse  
Information and Referral Line  
Monday through Friday,  
8:30 a.m. - 4:30 p.m.

## **1-800-554-KIDS**

The National Federation of Parents  
for Drug-Free Youth  
Monday through Friday,  
9:00 a.m. - 5:00 p.m.

## **1-800-622-2255**

National Council on Alcoholism  
7 days a week, 24 hours a day.

## **1-800-241-9746**

Parent's Resource Institute for Drug  
Education (PRIDE)  
Monday through Friday,  
8:30 a.m. - 5:00 p.m.  
(Recorded service other times)

## **1-800-COCAINE**

Cocaine Helpline  
Monday through Friday,  
9:00 a.m. - 3:00 a.m.  
Saturday and Sunday,  
12:00 p.m. - 3:00 a.m.

## **1-800-843-4971**

The National Institute on Drug  
Abuse Workplace Helpline  
(For employers establishing  
workplace drug abuse programs)  
Monday through Friday,  
9:00 a.m. - 8:00 p.m.



**For information on where to find treatment for alcohol and other drug problems, the best place to look is in the telephone book's Yellow Pages under "Alcoholism Information" or "Drug Abuse and Addiction Information." Usually there is a listing of the nearest Council on Alcoholism (or Council on Alcohol and Drug Abuse). These Councils provide information over the phone on the availability of the nearest alcohol treatment programs. Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) may also be listed. Both offer immeasurable help in enabling people to cope with problems with alcohol and other drugs.**

**For further information, write to:**

**National Clearinghouse for  
Alcohol and Drug Information  
P.O. Box 2345  
Rockville, Maryland 20852**

**or call:  
1-800-729-6686**

## **PRIVATE ORGANIZATIONS, CIVIC GROUPS, RELIGIOUS ORGANIZATIONS**

**Adult Children of  
Alcoholics(ACoA)**  
P.O. Box 3216  
Torrance, CA 90505  
(213) 534-1815

**Al-Anon Family Groups**  
P.O. Box 862  
Midtown Station  
New York, NY 10018  
(212) 302-7240

**Alcoholics Anonymous (AA)**  
15 E. 26th Street Rm 1810  
New York, NY 10010  
(212) 683-3900

**American Council for Drug Education**  
204 Monroe Street  
Suite 110  
Rockville, MD 20850  
(301) 294-0600

**The Chemical People/WQED**  
4802 Fifth Avenue  
Pittsburgh, PA 15213  
(412) 622-1491

**Coalition of Hispanic Health and  
Human Services Organizations  
(COSSMHO)**  
1030 15th Street, NW, Suite 1053  
Washington, DC 20005  
(202) 371-2100

**Cocaine Anonymous (CA)**  
3740 Overland Ave.  
Suite G  
Los Angeles, CA 90034  
1(800) 347-8998

**CoAnon Family Groups**  
P.O. Box 64742-66  
Los Angeles, CA 90064  
(213) 859-2206

**Families Anonymous, Inc.**  
P.O. Box 548  
Van Nuys, CA 91408  
(818) 989-7841

**Institute on Black Chemical Abuse**  
2614 Nicollet Avenue  
Minneapolis, MN 55408  
(612) 871-7878

**Just Say No Foundation**  
1777 North California Blvd.  
Room 210  
Walnut Creek, CA 94596  
(415) 939-6666

**Mothers Against Drunk Driving**  
511 E. John Carpenter Freeway  
Suite 700  
Irving, TX 75062  
(214) 744-6233

**Nar-Anon Family Groups**  
P.O. Box 2562  
Palos Verdes Peninsula, CA 90274  
(213) 547-5800

**Narcotics Anonymous (NA)**  
P.O. Box 9999  
Van Nuys, CA 91409  
(818) 780-3951

**National Asian Pacific  
American Families Against  
Drug Abuse**  
6303 Friendship Court  
Bethesda, MD 20817  
(301) 530-0945

**National Association for  
Children of Alcoholics (NACoA)**  
31582 Coast Highway  
Suite B  
South Laguna, CA 92677  
(714) 499-3889

**National Association of  
State Alcohol and Drug Abuse  
Directors (NASADAD)**  
444 N. Capitol Street, NW  
Suite 642  
Washington, DC 20001  
(202) 783-6868

**National Black Alcoholism Council  
(NBAC)**  
1629 K Street, N.W.  
Suite 802  
Washington, D.C. 20006  
(202) 296-2696

**National Families in Action**  
2296 Henderson Mill Road  
Suite 204  
Atlanta, GA 30345  
(404) 934-6364

**National Federation of  
Parents for Drug-Free Youth**  
1423 North Jefferson  
Springfield, MO 65802  
(417) 836-3709

**National Parents Resource  
Institute for Drug Education (PRIDE)**  
The Hurt Building  
Suite 210  
Hurt Plaza  
Atlanta, GA 30303  
(404) 651-2548

**National Prevention Network**  
444 North Capitol Street, NW  
Suite 642  
Washington, DC 20001  
(202) 783-6868

**Quest International**  
537 Jones Road  
P.O. Box 566  
Grandville, OH 43023  
(614) 587-2800

**Women for Sobriety**  
P.O. Box 618  
Quakertown, PA 18951  
(215) 536-8026

# STATE ORGANIZATIONS

## Alabama

Division of Mental Illness  
and Substance Abuse  
Community Programs  
Department of Mental Health  
200 Interstate Park Drive  
P.O. Box 3710  
Montgomery 36193  
(205) 271-9250

## Alaska

Office of Alcoholism and  
Drug Abuse  
Department of Health &  
Social Services  
Pouch H-05-F  
Juneau 99811  
(907) 586-6201

## Arizona

Alcoholism and Drug Abuse  
Office of Comm. Behav. Health  
Dept. of Health Services  
411 N. 24th Street  
Phoenix 85008  
(602) 220-6455

## Arkansas

Office on Alcohol and Drug  
Abuse Prevention  
Donaghey Plaza, North  
Suite 400  
P.O. Box 1437  
Little Rock 72203-1437  
(501) 682-6650

## California

Department of Alcohol  
and Drug Programs  
111 Capitol Mall  
Suite 450  
Sacramento 95814  
(916) 445-0834

## Colorado

Alcohol and Drug Abuse Div.  
Department of Health  
4210 East 11th Avenue  
Denver 80220  
(303) 331-8201

## Connecticut

Connecticut Alcohol and Drug Abuse  
Commission  
999 Asylum Avenue, 3rd Floor  
Hartford 06105  
(203) 566-4145

## Delaware

Delaware Division of Alcoholism,  
Drug Abuse and Mental Health  
1901 N. DuPont Highway  
Newcastle 19720  
(302) 421-6101

## District of Columbia

Health Planning and Dev.  
1660 L Street, NW  
Washington 20036  
(202) 673-7481

## Florida

Alcohol and Drug Abuse Program  
Department of Health and  
Rehabilitative Services  
1317 Winewood Boulevard  
Tallahassee 32301  
(904) 488-0900

## Georgia

Alcohol and Drug Services  
878 Peachtree Street, NE.,  
Suite 318  
Atlanta 30309  
(404) 894-6352

## Hawaii

Alcohol and Drug Abuse Div.  
Department of Health  
P.O. Box 3378  
Honolulu 96801  
(808) 548-4280

## Idaho

Dept. of Health and Welfare  
450 West State Street  
Boise 83720  
(208) 334-5935

**Illinois**

Department of Alcoholism  
and Substance Abuse  
100 West Randolph Street  
Suite 5-600  
Chicago 60601  
(312) 814-384

**Indiana**

Division of Addiction Services  
Department of Mental Health  
117 East Washington Street  
Indianapolis 46204  
(317) 232-7816

**Iowa**

Department of Public Health  
Division of Substance Abuse  
and Health Promotion  
Lucas State Office Building  
4th Floor  
Des Moines 50319  
(515) 281-3641

**Kansas**

Alcohol and Drug Abuse Services  
300 S.W. Oakley  
Biddle Building  
Topeka 66606-1861  
(913) 296-3925

**Kentucky**

Division of Substance Abuse  
Department for Mental Health  
and Mental Retardation Services  
275 East Main Street  
Frankfort 40621  
(502) 564-2880

**Louisiana**

Office of Human Services  
Div. of Alcohol and Drug Abuse  
1201 Capitol Access Road  
P.O. Box 3868  
Baton Rouge 70821-3868  
(504) 342-9354

**Maine**

Office of Alcoholism and Drug Abuse  
Prevention  
Bureau of Rehabilitation  
State House Station #11  
Augusta 04333  
(207) 289-2781

**Maryland**

Maryland State Alcohol and  
Drug Abuse Administration  
201 West Preston Street  
Baltimore 21201  
(301) 225-6925

**Massachusetts**

Div. of Substance Abuse Services  
150 Tremont Street  
Boston 02111  
(617) 727-8614

**Michigan**

Off. of Substance Abuse Services  
Department of Public Health  
2150 Apollo Drive  
P.O. Box 30206  
Lansing 48909  
(517) 335-8809

**Minnesota**

Chemical Dependency  
Program Division  
Department of Human Services  
444 Lafayette Road  
St. Paul 55155-3823  
(612) 296-4610

**Mississippi**

Div. of Alcohol and Drug Abuse  
Department of Mental Health  
Robert E. Lee State Office  
Building, 11th Floor  
Jackson 39201  
(601) 359-1288

**Missouri**  
Div. of Alcohol and Drug Abuse  
Department of Mental Health  
1915 South Ridge Drive  
P.O. Box 687  
Jefferson City 65102  
(314) 751-4942

**Montana**  
Alcohol and Drug Abuse Div.  
Department of Institutions  
Helena 59601  
(406) 444-2827

**Nebraska**  
Div. of Alcoholism and  
Drug Abuse  
Department of Public Inst.  
P.O. Box 94728  
Lincoln 68509  
(402) 471-2851, Ext. 5583

**Nevada**  
Alcohol & Drug Abuse Bureau  
Dept. Human Resources  
505 East King Street  
Carson City 89710  
(702) 885-4790

**New Hampshire**  
Office of Alcohol and Drug  
Abuse Prevention  
Health and Welfare Building  
Hazen Drive  
Concord 03301  
(603) 271-4627

**New Jersey**  
Department of Health  
CN 360  
Trenton 08625  
(609) 292-3147

**Division of Narcotic and  
Drug Abuse Control**  
129 East Hanover Street  
Trenton 08625  
(609) 292-5760

**New Mexico**  
Substance Abuse Bureau  
190 St. Francis Drive  
Room 3350 North  
Santa Fe 87503  
(505) 827-2589

**New York**  
Division of Alcoholism  
and Alcohol Abuse  
194 Washington Avenue  
Albany 12210  
(518) 474-5417

**Div. of Substance Abuse Services**  
Executive Park S., Box 8200  
Albany 12203  
(518) 457-7629

**North Carolina**  
Alcohol and Drug Abuse Section  
Division of Mental Health and  
Mental Retardation Services  
325 North Salisbury Street  
Raleigh 27611  
(919) 733-4670

**North Dakota**  
Division of Alcoholism  
and Drug Abuse  
Dept. of Human Services  
State Capitol/Judicial Wing  
Bismarck 58505  
(701) 224-2769

**Ohio**  
Bureau on Alcohol Abuse and  
Recovery  
Ohio Department of Health  
170 North High Street, 3rd Fl.  
Columbus 43266-0586  
(614) 466-3445

**Bureau on Drug Abuse**  
Ohio Department of Health  
170 N. High Street, 3rd Floor  
Columbus 43266-0586  
(614) 466-7893

**Oklahoma**

Oklahoma Department of  
Mental Health and  
Substance Abuse Services  
P.O. Box 53277  
Capitol Station  
Oklahoma City 73152  
(405) 271-7474

**Oregon**

Office of Alcohol and Drug  
Abuse Programs  
1178 Chemeketa Street, NE, #102  
Salem 97310  
(503) 378-2163

**Pennsylvania**

Drug and Alcohol Programs  
PA Department of Health  
P.O. Box 90  
Harrisburg 17108  
(717) 787-9857

**Rhode Island**

Division of Substance Abuse  
Department of Mental Health,  
Retardation and Hospitals  
P.O. Box 20363  
Cranston 02920  
(401) 464-2091

**South Carolina**

South Carolina Commission on  
Alcohol and Drug Abuse  
3700 Forest Drive  
Columbia 29204  
(803) 734-9520

**South Dakota**

Div. of Alcohol and Drug Abuse  
Joe Foss Building  
523 East Capitol  
Pierre 57501  
(605) 773-3123

**Tennessee**

Alcohol and Drug Abuse Services  
Dept. of Mental Health and  
Mental Retardation  
706 Church Street, 4th Floor  
Nashville 37219  
(615) 741-1921

**Texas**

Texas Commission on Alcohol  
and Drug Abuse  
1705 Guadalupe Street  
Austin 78701  
(512) 463-5510

**Utah**

Division of Substance Abuse  
Department of Social Services  
120 N. 200 West, 4th Floor  
P.O. Box 45500  
Salt Lake City 84145-0500  
(801) 538-3939

**Vermont**

Office of Alcohol and Drug  
Abuse Programs  
103 South Maine Street  
Waterbury 05676  
(802) 241-2170/241-2175

**Virginia**

Off. of Substance Abuse Services  
Dept. of Mental Health, Mental  
Retardation and Substance Services  
P.O. Box 1797  
109 Governor Street  
Richmond 23214  
(804) 786-3906

**Washington**

Bureau of Alcoholism and  
Substance Abuse  
Washington Department of  
Social and Health Services  
Mail Stop OB-44W  
Olympia 98504  
(206) 753-5866

**West Virginia**

Div. of Alcohol and Drug Abuse  
State Capitol  
1800 Washington Street, East,  
Room 451  
Charleston 25305  
(304) 348-2276

**Wisconsin**  
Office of Alcohol and Other  
Drug Abuse  
1 West Wilson Street  
P.O. Box 31  
Madison 53707  
(608) 266-3442

**Wyoming**  
Alcohol and Drug Abuse Programs  
Hathaway Building  
Cheyenne 82002  
(307) 777-7115, Ext. 7118

**Guam**  
Department of Mental Health  
and Substance Abuse  
P.O. Box 9400  
Tamuning 96911  
(671) 646-9262-69

**Puerto Rico**  
Dept. of Anti-Addiction Services  
Box 21414  
Rio Piedras Station  
Rio Piedras 00928-1414  
(809) 764-3795

**Virgin Islands**  
Div. of Mental Health Alcoholism  
and Drug Dependency Services  
P.O. Box 520  
St. Croix 00820  
(809) 773-1992

**American Samoa**  
Social Services Division  
Alcohol and Drug Program  
Government of American Samoa  
Pago Pago 96799

Public Health Services  
LBJ Tropical Medical Center  
Pago Pago 96799



Other publications available in the

## ***Drug-Free Communities Series***

### **Drug Free Communities: Turning Awareness Into Action**

A booklet that examines the cultural and community attitudes, norms, and environmental factors that encourage the use of alcohol and other drugs. Persons interested in prevention who are looking for help in getting started.

### **Prevention Plus 2: Tools for Creating and Sustaining a Drug-Free Community**

A technical assistance manual for organizing or expanding community alcohol and other drug prevention activities for youth into a coordinated, complementary system. Written for persons from throughout the community who are in a position to assist in organizing a prevention effort.

### **Citizens' Alcohol and Other Drug Prevention Directory: Resources for Getting Involved**

This directory, developed to serve as an aid to citizens interested in learning more about prevention, lists a wide variety of prevention services and prevention activities. With this guide, every American will have the information needed to call or write to all of the major organizations in the prevention field for assistance, information, or resources.



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